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February 9, 1918

Columbia University.
Teachers College Bulletin



CORN CALORIES FOR CONSERVATION

**How Half of Each Day's Nourishment
May Come from Corn**

Recipes and Menus for a Week

**By DAY MONROE, ELIZABETH GUILFORD
and ANNA COLMAN**

of the Department of Foods and Cookery, Teachers College

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Corn Calories for Conservation

How Half of Each Day's Nourishment
May Come from Corn

By DAY MONROE, ELIZABETH GUILFORD
and ANNA COLMAN

of the Department of Foods and Cookery, Teachers College

Ever since last spring when it became apparent that food saving was to be a factor in the winning of the war, the problems arising from the food situation have been ever present and have most vitally engaged the attention of workers in experimental cookery. The substitution of other flours for wheat, the saving of meat and sugar, and the greater use of perishables mean a change in long familiar recipes and in the planning of meals. Consequently reliable data for the new kitchen procedure must be worked out in the experimental laboratory and furnished to the housewife, and she must be given definite suggestions regarding a greater variety of recipes and combinations for serving.

Every housewife knows about using corn—but how many could plan meals for a week with corn furnishing one-half of the total calories needed? “Corn meals” when first mentioned bring a mental picture of corn meal and canned corn in an endless series,—and a week’s dietary with these as a source of one-half the fuel would be monotonous to even the most patriotic housewife.

However, there are other corn products—corn syrup, corn oil, pop corn, corn starch, hulled corn and hominy grits, all of which furnish corn calories. Moreover, their frequent use will not become monotonous for no other one food changes so completely in its different forms. Thus in tasting corn syrup, corn oil, and samp one would not realize that all three were derived from corn. In such a menu as the following corn may appear many times and yet give no repetition of flavor: Kornlet and chicken soup served with croutons of corn-wheat yeast bread; a main dish of green peppers stuffed with hominy grits which have been

cooked in tomato sauce; a relish of corn and cabbage; steamed corn bread; and a dessert of custard, sweetened with maple-corn syrup, served with pop corn cookies.

Although the following menus are not presented with the idea that they shall be used as a regular diet yet they are so sufficiently varied that they could be used for a week without becoming monotonous. Palatability has always been considered and there has been no radical change of established food habits. Thus, although corn syrup could have been used to sweeten the coffee, tea, and cereals, to many people such an innovation would be objectionable. Similarly corn oil is used only in those highly seasoned sauces and salad dressings where its neutral flavor blends with the added ingredients.

The use of corn should be encouraged and emphasized since it is the one essentially American food. Moreover, by so doing we shall obey three of the most important "saving" mandates of the Food Administration, for the use of corn meal saves wheat; corn syrup saves sugar; and corn oil saves animal fat.

NOTE. All recipes for dishes in the menus are not given—only recipes for dishes using the corn products.

Corn-wheat yeast bread containing twenty-five per cent corn meal was served at all meals where some other bread is not specified on the menus.

SUMMARY

<i>Day</i>	<i>Total Calories</i>	<i>Calories from Corn</i>
No. I	2965	1297
No. II	2919	1755
No. III	3129	1611
No. IV	3159	1355
No. V	3096	1492
No. VI	2943	1426
No. VII	3189	1873
<i>Total For Week</i>	<i>21400</i>	<i>10809</i>

50.5 Per Cent of the Total Calories for the Week are from Corn

DAY NO. I

MENUS

<i>Breakfast</i>	Malaga Grapes	
	Popped Corn with Cream	
	Samp Spoon Bread	Orange Honey
	Coffee	
<i>Luncheon</i>	Cheese Polenta	Tomato Sauce
	Buttered Peas and Carrots	
	Corn-Wheat Bread	
	Spice Cake	Tea
<i>Dinner</i>	Boiled Tongue	Spinach
	Creamed Hulled Corn	Hot Corn Bread
	Jellied Apples	Pop Corn Laces
	Coffee	

CALORIES

		<i>Total Calories</i>	<i>Calories from Corn</i>
<i>Breakfast</i>	Malaga grapes	100	
	Popped corn	150	150
	Cream for popped corn	200	
	Butter	100	
	Samp spoon bread	218	154
	Orange honey	114	90
	Cream and sugar for coffee	42	
		— 924	— 394
<i>Luncheon</i>	Cheese polenta	117	67
	Tomato sauce	70	
	Buttered peas and carrots	139	
	Corn-wheat bread	151	60
	Butter	50	
	Spice cake	179	90
	Sugar for tea	17	
		— 723	— 217
<i>Dinner</i>	Boiled tongue	200	
	Spinach	25	
	Egg for garnish	17	
	Creamed hulled corn	266	235
	Hot corn bread	358	271
	Jellied apples	247	160
	Pop corn laces	88	20
	Butter	100	
	Sugar for coffee	17	
		— 1318	— 686
<i>Total for day</i>		2,965	1,297

RECIPES

Samp Spoon Bread

Corn meal, 1 cup	Milk, 1 ½ cups
Cooked samp, 1 cup	Baking powder, 2 teaspoons
Corn syrup, 1 teaspoon	Eggs, 2
Corn oil, 1 tablespoon	Salt, 1 ½ teaspoons

Sift together the corn meal and salt; add hot milk, fat, syrup, and cooked samp. Let stand until cool; add baking powder and egg yolks beaten until stiff; mix thoroughly. Fold in stiffly beaten egg whites; turn into a greased baking dish, having the bread about 2 ½ inches thick. Bake in a moderately slow oven for about 45 minutes (340°–360° F.).

Yield: 6 servings as main dish for breakfast.

Orange Honey

Corn syrup (light), ¾ cup	Orange juice, ¼ cup
Sugar, ¼ cup	Finely chopped orange peel, ½ cup
Water, ¼ cup	

Boil together the syrup, sugar, water, and orange juice until syrup spins a thread (232°F.). Add finely chopped orange peel from which white portion has been removed. Bring to boiling point. Cool.

Yield: 1 cup honey.

Cheese Polenta

Corn meal, ½ cup	Paprika, ⅛ teaspoon
Salt, 1 teaspoon	Cheese, grated, ½ cup
Boiling water, 2 cups	

Stir corn meal gradually into boiling, salted water; cook over direct flame for about 10 minutes. Cook over hot water for 1 hour. Add paprika and grated cheese and continue cooking until cheese melts. Pour into mould. When stiff, cut in slices and sauté until golden brown. Serve with tomato sauce.

Yield: 12 slices of polenta 2 ½ inches in diameter.

Corn-Wheat Yeast Bread

Corn meal, ¾ cup	Corn oil, 1 tablespoon
Flour, 2 ¼ cups	Cold water, 1 ¼ cups
Corn syrup, 1 tablespoon	Lukewarm water, ¼ cup
Salt, 1 ½ teaspoons	Yeast, 1 cake

Add cold water gradually to corn meal and salt; cook over hot water for 15 minutes; add syrup and fat. When this mixture becomes lukewarm add yeast, softened in lukewarm water. Add flour; knead thoroughly. Let rise until double in bulk. Bake for an hour in a moderate oven (360° F.).

Yield: 1 loaf, 9 by 4 inches.

Spice Cake

Corn meal, 1 cup	Soda, 1 teaspoon
Cornstarch, $\frac{3}{4}$ cup	Raisins, 1 cup
Flour, 2 cups	Corn syrup (dark), 1 cup
Cloves, $\frac{1}{2}$ teaspoon	Molasses, 1 cup
Cinnamon, $1\frac{1}{2}$ teaspoons	Boiling water, $\frac{3}{4}$ cup
Ginger, 1 teaspoon	Corn oil, 7 tablespoons
Nutmeg, $\frac{1}{4}$ teaspoon	Eggs, 2

Sift together the dry ingredients. Add boiling water to fat, molasses, and syrup. Add liquid gradually to dry ingredients. Beat eggs. Stir into the batter. Add raisins. Mix well. Half fill well-greased muffin cups with this mixture. Bake in a moderate oven (about 380° F.) for about 25 minutes.

Yield: 30 cup cakes.

Creamed Hull Corn

Corn oil, 2 tablespoons	Worcestershire sauce, $\frac{1}{2}$ teaspoon
Cornstarch, $1\frac{1}{2}$ tablespoons	Salt, $\frac{1}{4}$ teaspoon
Milk, 1 cup	Paprika, $\frac{1}{8}$ teaspoon
Hulled corn, $1\frac{3}{4}$ cups	Pepper, $\frac{1}{8}$ teaspoon

Heat fat, add cornstarch and salt, and stir until thoroughly blended. Allow to cook together for a few minutes. Add milk gradually, stirring constantly. Cook until thickened. Add hulled corn, which has been cooked in hot water and drained. Add Worcestershire sauce, heat mixture thoroughly.

Yield: 5 servings.

Corn Bread

Corn meal, 1 pint	Salt, 1 teaspoon
Soda, $\frac{3}{4}$ teaspoon	Egg, 1
Baking powder, $\frac{1}{2}$ teaspoon	Corn oil, $1\frac{1}{2}$ tablespoons
Sour milk, 1 pint	

Sift together the meal, salt, soda, and baking powder; add milk and slightly beaten egg; add fat. Beat quickly. Turn into a hot greased pan and bake about 30 minutes in a moderate oven (380° F.). Cut into squares and serve.

Yield: 1 cake, 9 x 9 x 1 inches.

Jellied Apples

Granulated gelatine, $1\frac{3}{4}$ table- spoons	Ginger, $\frac{1}{4}$ teaspoon
Cold water, $\frac{1}{2}$ cup	Cinnamon, $\frac{1}{2}$ teaspoon
Cooking apples, pared and quar- tered, 1 quart	Lemon, 1 slice
Cold water, $1\frac{1}{2}$ cups	Lemon juice, $1\frac{1}{3}$ tablespoons
Corn syrup (light), 1 cup	Lemon rind, $\frac{1}{4}$ teaspoon
	Hot water

Soak the gelatine in $\frac{1}{2}$ cup cold water for 10 minutes. Cook together the $1\frac{1}{2}$ cups cold water, syrup, spices, and slice of lemon for 10 minutes. Add

apples, a few at a time, letting them cook until tender, but not broken. Remove from syrup when done and place in moulds. When all apples are cooked add hot syrup to the soaked gelatine; add enough hot water to make 2 cups liquid; add lemon juice and rind; strain, pour over apples, and chill.

Yield: 8 servings.

Pop Corn Laces

Nuts, $\frac{1}{2}$ cup	Baking powder, $\frac{1}{4}$ tablespoon
Popped corn, chopped, $1\frac{1}{2}$ cups	Sugar, 1 cup
Corn oil, 1 tablespoon	Eggs, 2
Salt, $\frac{1}{2}$ teaspoon	

Sift together sugar, salt, and baking powder; add popped corn, fat, and beaten eggs. Drop from teaspoon on buttered sheets. Bake for about 12 minutes in a slow oven.

Yield: 80 cookies.

DAY NO. II

MENUS

Breakfast

Grape Fruit
Corn Flakes and Cream
Fried Corn Mush Maple Corn Syrup
Coffee

Luncheon

Kornlet and Chicken Soup
Corn Bread Croutons
Green Peppers Stuffed with Hominy Grits
Corn Relish Steamed Corn Bread
Maple Custard Pop Corn Drops
Tea

Dinner

Baked Cod Sauce Tartare
Corn Meal Boulettes
Deviled Corn Watercress Salad
Corn Tutti Frutti
Coffee

CALORIES

		<i>Total Calories</i>	<i>Calories from Corn</i>
<i>Breakfast</i>	Grape fruit	100	
	Light corn syrup to sweeten grape fruit	80	80
	Corn flakes	60	60
	Cream	100	
	Fried corn mush	147	147
	Maple corn syrup	320	320
	Sugar and cream for coffee	41	
		— 848	— 607

<i>Luncheon</i>	Kornlet and chicken soup	50	50
	Corn bread croutons	113	44
	Green peppers stuffed with hominy grits	168	159
	Corn relish	44	35
	Steamed corn bread	144	93
	Butter	100	
	Maple custard	189	107
	Pop corn drops	103	80
	Sugar for tea	17	
		— 928	— 568
<i>Dinner</i>	Baked cod	125	
	Sauce tartare	122	100
	Corn meal boulettes	54	54
	Deviled corn	179	93
	Corn-wheat bread	151	58
	Butter	75	
	Watercress salad	159	150
	Corn tutti frutti	261	125
	Coffee		
	Sugar for coffee	17	
		— 1,143	— 580
<i>Total for day</i>		2,919	1,755

RECIPES

Fried Corn Mush

Corn meal, 1 cup	Canned corn, $\frac{2}{3}$ cup
Salt, 2 teaspoons	Fat for sautéing
Boiling water, 4 cups	

Pour corn meal gradually into boiling salted water. Cook over direct flame for about 10 minutes, stirring constantly. Add canned corn and cook over hot water for about three hours. Pour into moulds. Chill. Cut into thin slices and sauté in drippings until golden brown.

Yield: 3 half-pound baking powder can moulds.

Kornlet and Chicken Soup

Chicken stock, 2 cups	Seasonings
Kornlet, $\frac{1}{2}$ cup	

Use chicken stock which is well seasoned and free from fat. Add canned corn, and allow to simmer for $\frac{1}{2}$ hour. Add more seasonings, if necessary.

Yield: 3 servings.

Croutons

(From corn-wheat bread)

Cut bread into $\frac{1}{3}$ -inch slices, brush over with butter. Cut slices into $\frac{1}{3}$ -inch cubes; brown in the oven.

Green Peppers Stuffed with Hominy Grits

Cooked grits, 2 cups
 Tomato juice, $\frac{3}{4}$ cup
 Brown stock, 1 cup

Corn oil, 1 tablespoon
 Peppers, 4

Add partially cooked grits to stock and tomato juice and cook until the liquid has been absorbed and the grits are done. Stir in fat. Remove tops and seeds from peppers. Parboil, drain, and fill with grits. Bake in a moderate oven for about 20 minutes.

Yield: 4 servings.

Corn Relish

Corn, canned, 4 cups
 Cabbage, 9 cups chopped
 Celery, chopped, 2 cups
 Onions, 4
 Green peppers, 2
 Vinegar, 4 cups

Corn syrup, 2 cups
 Flour, 1 cup
 Salt, $\frac{1}{4}$ cup
 Mustard, $\frac{1}{2}$ teaspoon
 Cayenne, $\frac{1}{4}$ teaspoon
 Tumeric, $\frac{1}{2}$ teaspoon

Chop cabbage and celery; cut onion into thin slices; chop peppers, after removing seeds. Put vegetables into preserving kettle; add $\frac{1}{2}$ of the vinegar. Mix sugar, flour, salt, mustard, cayenne, and tumeric, and add remaining vinegar gradually. Combine mixtures. Let simmer for an hour. Fill sterilized glass jars and seal.

Yield: 5 pints.

Steamed Corn Bread

Corn meal, 1 cup
 Scalded milk, 1 pint
 Eggs, 2

Salt, 1 teaspoon
 Baking powder, 1 teaspoon
 Corn oil, 3 tablespoons

Add scalded milk to corn meal and cook over hot water for a half hour. Add salt, baking powder, corn oil, and eggs slightly beaten. Half fill greased moulds with the mixture and steam for two hours.

Yield: 3 moulds.

Maple Custard

Milk, 1 pint
 Eggs, 2 $\frac{1}{2}$

Salt, $\frac{1}{8}$ teaspoon
 Maple corn syrup, $\frac{1}{4}$ cup

Beat eggs slightly, add $\frac{1}{4}$ cup syrup, and salt; pour slowly on scalded milk. Strain, pour into cups containing $\frac{2}{3}$ tablespoon maple syrup. Set in a pan of hot water and bake until firm.

Yield: 6 individual moulds.

Pop Corn Drops

Egg white, 1	Popped corn, chopped, $\frac{7}{8}$ cup
Corn syrup, light, $\frac{1}{4}$ cup	Salt, $\frac{1}{4}$ teaspoon
Flour, $\frac{1}{4}$ cup	

Beat egg white until stiff. Fold in corn syrup slowly. Fold in popped corn, chopped, flour, and salt. Drop on a baking sheet in round shapes about $1\frac{3}{4}$ inches in diameter. Bake in a hot oven (415° F.) about 18 minutes.

Yield: 12 cakes.

Sauce Tartare

Mustard, $\frac{1}{4}$ teaspoon	Tarragon vinegar, $\frac{3}{4}$ tablespoon
Powdered sugar, 1 teaspoon	Shallot, $\frac{1}{2}$ finely chopped
Salt, $\frac{1}{4}$ teaspoon	Chopped pickles, $\frac{1}{4}$ tablespoon
Cayenne, dash	Chopped olives, $\frac{1}{4}$ tablespoon
Egg yolk, 1	Chopped parsley, $\frac{1}{4}$ tablespoon
Corn oil, $\frac{1}{4}$ cup	Capers, $\frac{1}{4}$ tablespoon

Mix dry ingredients. Add gradually to egg yolk. Mix well, setting bowl in ice water. Add oil, drop by drop, beating with egg beater. As mixture thickens dilute with vinegar; add oil more rapidly. When done fold in chopped parsley, pickles, olives, and capers. Keep cool until served.

Corn Meal Boulettes

Corn meal, 1 cup	Boiling water, $3\frac{1}{4}$ cups
Salt, 1 teaspoon	Fat for sautéing

Add corn meal gradually to boiling salted water. Cook over direct flame for ten minutes. Cook over hot water for three hours. Cool until stiff. Roll into balls about the size of an English walnut. Roll in soft bread crumbs, dip into egg, beaten slightly, and mixed with 3 tablespoons water, dip again in crumbs. Fry in hot fat until a golden brown.

Yield: 50 balls.

Deviled Corn

Flour, $\frac{1}{2}$ cup	Worcestershire sauce, 3 teaspoons
Butterine, 2 tablespoons	Bread crumbs, $\frac{1}{4}$ cup
Corn oil, 2 tablespoons	Egg, 1
Hot milk, $1\frac{1}{2}$ cups	Salt, $1\frac{1}{2}$ teaspoons
Paprika, $\frac{1}{4}$ teaspoon	Mustard, 1 teaspoon
Canned corn, 2 cups	

Heat together the butterine and corn oil; add flour, sifted with salt, paprika, and mustard. Allow to cook together about 5 minutes. Add hot milk, stirring constantly. Add bread crumbs, Worcestershire sauce, beaten egg, and canned corn. Pour into a buttered baking dish; sprinkle with buttered crumbs. Bake in a moderate oven (360° F.) for about 20 minutes.

Yield: 9 servings.

French Dressing

Corn oil, 6 tablespoons	Paprika, $\frac{1}{2}$ teaspoon
Tarragon vinegar, 1 tablespoon	Pepper, $\frac{1}{8}$ teaspoon
Vinegar, $1\frac{1}{2}$ tablespoons	Shallot, $\frac{1}{2}$
Salt, 1 teaspoon	

Let oil stand for 1 hour over the sliced shallot. Drain, add seasonings and vinegar; mix well.

Yield: 4 servings.

Corn Meal Tutti Frutti

Corn meal mush, 1 cup	Granulated gelatine, $\frac{3}{4}$ tablespoon
Corn syrup (light), $\frac{1}{4}$ cup	Cold water, 2 tablespoons
Corn oil, 1 teaspoon	Boiling water, 1 cup
Nut meats, $\frac{1}{4}$ cup	Corn syrup, $\frac{1}{2}$ cup
Chopped dates, 2 tablespoons	Lemon juice, $\frac{1}{4}$ cup
	Fruit, $\frac{1}{2}$ cup

Add syrup, corn oil, nuts, and chopped dates to the mush. Pour into the bottom of a flat dish, making a layer about 1 inch thick.

Soak gelatine in cold water for 10 minutes; add boiling water, syrup, and lemon juice. Strain. Cool; add fruit, as shredded oranges, candied cherries, and sliced bananas. Pour over chilled mush mixture. Chill until gelatine becomes firm. Cut into squares and serve.

Yield: 6 servings.

DAY NO. III**MENUS***Breakfast*

Stewed Apricots
Puffed Corn Top Milk
Creamed Corn on Toast
Coffee

Luncheon

Escalloped Corn
Cider Jelly Salad Johnny Cake Crisps
Cottage Pudding Chocolate Sauce

Dinner

Yakhuah
Baked Kornlet Croquettes Pear Salad
Popped Corn Pudding Coffee

CALORIES

	<i>Total Calories</i>	<i>Calories from Corn</i>
<i>Breakfast</i> Stewed apricots	180	80
Puffed corn	150	150
Top milk	200	
Creamed corn on toast	321	204
Cream and sugar for coffee	42	
	— 893	— 434

<i>Luncheon</i>	Escalloped corn	286	148
	Cider jelly salad	83	60
	Mayonnaise	116	113
	Johnny cake crisps	256	178
	Cottage pudding	211	100
	Chocolate sauce	191	91
		—1,143	— 690
<i>Dinner</i>	Yakhuah (mutton vegetable stew)	172	
	Kornlet croquettes	130	100
	Pear salad	128	
	French dressing	100	100
	Popped corn pudding	358	243
	Sugar for coffee	17	
	Bread	113	44
	Butter	75	
		—1,093	— 487
<i>Total for day</i>		3,129	1,611

RECIPES

Creamed Corn on Toast

Corn, canned, 1 cup	Salt, ½ teaspoon
Onion, ¼ tablespoon, chopped	Paprika, ¼ teaspoon
Corn oil, 1 tablespoon	Bread, toasted
Thin white sauce, 1 cup	

Cook onion in corn oil until golden brown; add corn, white sauce, and seasonings; bring to the boiling point and let simmer for about 10 minutes. Pour over toast, garnish with toast points, and serve at once.

Yield: 4 servings.

Escalloped Corn

Green pepper, ½	Cayenne, few grains
Onion, 1	Milk, ½ cup
Corn oil, 2 tablespoons	Corn, 1 cup
Flour, 2 tablespoons	Egg yolk, 1
Salt, 1 teaspoon	Dry bread cubes, ½ cup
Paprika, ¼ teaspoon	Butterine, 1 tablespoon
	Buttered crumbs, ⅓ cup

Remove seeds from pepper and cut into small pieces. Chop onion. Cook pepper, onion, and corn oil for five minutes. Add flour, mixed with seasonings, and stir until well blended. Allow to cook for five minutes, add milk and cook until thickened. Add corn, egg yolk, and cubes of bread which have been browned in butterine. Turn into greased baking dish, cover with buttered crumbs and bake in a hot oven until crumbs brown.

Yield: 4 servings.

Mayonnaise

Corn oil, $\frac{3}{4}$ cup	Mustard, 1 teaspoon
Lemon juice, 1 tablespoon	Salt, $\frac{1}{2}$ teaspoon
Tarragon vinegar, 1 tablespoon	Sugar, $\frac{1}{2}$ teaspoon
Egg yolk, 1	Cayenne, few grains

Mix dry ingredients; add egg yolk and when well mixed $\frac{1}{2}$ teaspoon vinegar. Add oil gradually, at first drop by drop, and stir constantly. As mixture thickens thin with vinegar or lemon juice. Add oil and lemon juice or vinegar alternately until all is used, beating constantly.

Yield: about $\frac{1}{2}$ cup.

Johnny Cake Crisps

Corn meal, 1 cup	Milk, $\frac{1}{8}$ cup
Flour, $\frac{1}{2}$ cup	Salt, 1 teaspoon
Corn oil, $1\frac{1}{2}$ tablespoons	Baking powder, 2 teaspoons
Corn syrup, $1\frac{1}{2}$ tablespoons	

Mix and sift dry ingredients; add milk, syrup and corn oil; mix thoroughly. Turn into a well greased pan making a very thin layer. Bake in a hot oven (400° F.) for about twenty-five minutes, until crisp.

Yield: 1 cake, 9 x 9 inches.

Cottage Pudding

Oleomargarin, $\frac{1}{8}$ cup	Milk, $\frac{1}{2}$ cup
Corn syrup, 3 tablespoons	Flour, $\frac{1}{8}$ cup
Sugar, 3 tablespoons	White corn meal, $\frac{3}{8}$ cup
Egg, $\frac{1}{2}$	Baking powder, 2 teaspoons
Vanilla, $\frac{1}{2}$ teaspoon	Salt, $\frac{1}{2}$ teaspoon

Cream fats, add sugar, egg, well beaten, and syrup. Mix and sift dry ingredients. Add alternately with milk to the first mixture. Bake in a moderate oven (380° F.) for about twenty-five minutes.

Yield: 6 servings.

Chocolate Pudding Sauce

Chocolate, 1 square	Sugar, $\frac{1}{2}$ cup
Boiling water, $\frac{1}{2}$ cup	Oleomargarin, 1 tablespoon
Corn syrup, light, $\frac{1}{2}$ cup	Vanilla, $\frac{1}{2}$ teaspoon

Melt chocolate over hot water, add oleomargarin, and blend thoroughly. While constantly stirring, add the boiling water gradually; add sugar and syrup. Boil for about 12 minutes. Cool slightly and flavor with vanilla. Keep warm over hot water.

Yield: $1\frac{1}{2}$ cups, 7 servings.

Kornlet Croquettes

Corn oil, 3 tablespoons
Onion, 1 slice
Green pepper, $\frac{1}{2}$
Flour, $\frac{1}{4}$ cup
Salt, $\frac{1}{2}$ teaspoon

Tomato purée, $\frac{1}{4}$ cup
Kornlet, 1 cup
Egg, 1
Chopped parsley, 1 teaspoon
Egg and crumbs for crumbing

Cook onion and chopped pepper in corn oil until slightly yellowed; add flour and salt, stir and cook for about five minutes. Add tomato purée and stir until well thickened. Add Kornlet; cook until thick and pasty. Chill; form into small croquettes; roll in sifted crumbs, dip into beaten egg to which 2 tablespoons of water have been added; roll in crumbs. Bake in a hot oven in small amount of fat, for about twenty minutes.

Yield: 12 croquettes.

Popped Corn Pudding

Chopped popped corn, 2 cups
Milk, 3 cups
Eggs, slightly beaten, 3
Corn syrup, $\frac{3}{4}$ cup

Corn oil, 1 tablespoon
Salt, $\frac{3}{4}$ teaspoon
Nutmeg, $\frac{1}{2}$ teaspoon

Scald milk, pour over popped corn and let stand for 1 hour. Add syrup, slightly beaten eggs, salt, nutmeg and corn oil. Pour into custard cups, set into hot water and bake in a slow oven (about 310° F.) until firm.

Yield: 6 servings.

DAY NO. IV**MENUS***Breakfast*

Post Toasties with Bananas
Creamed Hominy with Hard Cooked Egg
Spider Corn Cake
Coffee

Luncheon

Corn Chowder Corn Sticks
Corn Bread Salad
Corn Meal Rolls
Chocolate Cornstarch Pudding
Tea

Dinner

Southern Chicken Pie
Pineapple and Cheese Salad
Steamed Corn Meal Pudding with Fruit Sauce
Coffee

		CALORIES	Total Calories	Calories from Corn
<i>Breakfast</i>	Post Toasties		100	100
	Thin cream		100	
	Banana		75	
	Creamed hominy with hard cooked egg		215	167
	Spider corn cake		214	132
	Butter		100	
	Cream and sugar for coffee		42	
			— 846	— 399
<i>Luncheon</i>	Corn chowder		198	46
	Corn sticks		75	29
	Corn bread salad		322	186
	Corn meal rolls		176	78
	Chocolate cornstarch pudding		239	84
	Tea			
	Butter for rolls		75	
			— 1,085	— 423
<i>Dinner</i>	Southern chicken pie		592	244
	Pineapple and cheese salad		155	
	French dressing		100	100
	Steamed corn meal pudding		244	131
	Fruit sauce		120	58
	Sugar for coffee		17	
			— 1,228	— 533
<i>Total for the day</i>			3,159	1,355

RECIPES

Creamed Hominy with Hard Cooked Egg

Cooked hominy, 1 ½ cups	Corn oil, 2 tablespoons
Milk, 1 cup	Salt, ¾ teaspoon
Flour, 2 tablespoons	Pepper, ⅛ teaspoon
Slice onion	Hard cooked egg

Heat corn oil with slice of onion, until onion is golden brown. Remove onion, add flour, mix together and cook for about five minutes. Add milk, gradually, and cook, stirring constantly, until thickened. Add seasonings and hominy. Heat in upper part of double boiler. Serve with a garnish of hard cooked egg.

Yield: 6 servings.

Spider Corn Cake

Corn meal, 1 cup	Corn syrup, 2 tablespoons
Flour, ⅓ cup	Salt, 1 teaspoon
Egg, 1	Baking powder, 2 teaspoons
Milk, 1 ¾ cups	Corn oil, 1 tablespoon

Beat egg, add 1 cup milk. Sift together the dry ingredients; add liquids gradually, mix well. Turn into frying pan in which is heated corn oil. Pour

remaining milk over this mixture, but do not stir. Bake about twenty-five minutes in a moderate oven (350° F.). There should be a line of creamy custard through the bread. Cut into triangles and serve.

Yield: 6 servings.

Corn Chowder

Corn, 1 can	Oleomargarin, 3 tablespoons
Potatoes, 4 cups, cut in $\frac{1}{2}$ inch cubes	Salt, $\frac{3}{4}$ teaspoon
Salt pork, 1 $\frac{1}{2}$ -inch cube	Pepper, $\frac{1}{8}$ teaspoon
Onion, sliced	Paprika, $\frac{1}{8}$ teaspoon
Milk, 4 cups, scalded	Boiling water, 2 cups

Cut pork in small pieces and try out; add onion and cook for five minutes, stirring often. Strain fat into a stew pan. Parboil potatoes five minutes in boiling water; drain, and add potatoes to fat; cook until slightly brown; add 2 cups boiling water, cook until potatoes are soft; add corn and milk; heat to boiling point; season with salt and pepper. Add oleomargarin just before serving.

Yield: 13 servings.

Corn Sticks

Brush over a slice of corn-wheat bread, cut $\frac{1}{2}$ inch thick, with melted butterine. Cut into sticks, $\frac{1}{2}$ inch by three inches. Brown in the oven.

Corn Bread Salad

Corn-wheat bread, cut into $\frac{1}{2}$ inch cubes, 1 cup	French dressing, $\frac{1}{2}$ cup
Cooked carrot, diced, $\frac{1}{2}$ cup	Pimento, $\frac{1}{4}$ cup
String beans, $\frac{1}{3}$ cup	Cooked cauliflower, $\frac{1}{2}$ cup
Green pepper, 1	Olive oil, 2 tablespoons

Brown the cubes of bread in olive oil. Place in center of salad bowl, and arrange around it the cooked vegetables, parboiled peppers and pimentos. Marinate in French dressing for $\frac{1}{2}$ hour before serving. Serve cold with a garnish of lettuce leaves.

Yield: 4 servings.

Corn Meal Rolls

Bread flour, 1 $\frac{1}{4}$ cups	Egg, 1
Corn meal, $\frac{3}{4}$ cup	Milk, $\frac{1}{3}$ cup
Baking powder, 3 teaspoons	Salt, 1 teaspoon
Oleomargarin, 1 tablespoon	Corn syrup, 1 tablespoon
Corn oil, 1 tablespoon	

Mix and sift dry ingredients and cut in the fat. Beat the egg. Add to milk. Combine liquid and dry ingredients. Shape as Parker House rolls. Bake in a hot oven (410°-440° F.) for about 15 minutes.

Yield: 15 rolls.

Chocolate Cornstarch Pudding

Milk, 2 cups	Sugar, 2 tablespoons
Cornstarch, 3 tablespoons	Corn syrup, 3 tablespoons
Salt, $\frac{1}{3}$ teaspoon	Chocolate, 1 square
Vanilla, $\frac{1}{2}$ teaspoon	

Melt chocolate over hot water. Scald $1\frac{1}{2}$ cups of the milk; add the corn syrup. Mix sugar, salt and cornstarch together, add $\frac{1}{2}$ cup of cold milk to make a smooth mixture; add gradually to the scalded milk, and then add all the liquid to the melted chocolate, stirring constantly. Cook 20 minutes in a double boiler, stirring until thickened; add vanilla, pour into moulds which have been dipped into cold water. Chill.

Yield: 4 servings.

Southern Chicken Pie

Corn meal, 1 cup	Egg, 1
Flour, 1 cup	Milk, $\frac{1}{3}$ cup
Baking powder, 3 teaspoons	Salt, 1 teaspoon
Corn oil, 2 tablespoons	Corn syrup, 1 tablespoon

Sift together the dry ingredients. Cut in the fat. Beat egg and add to milk and syrup. Combine the liquid and dry ingredients. Roll out to $\frac{3}{4}$ inch thickness and use as covers for individual pies.

Chicken, cooked, and cut into pieces, $2\frac{1}{2}$ cups	Flour, 2 tablespoons
Canned corn, $1\frac{1}{2}$ cups	Corn oil, 2 tablespoons
Chicken stock, $2\frac{1}{2}$ cups	Seasonings

Cook together the corn oil and flour; add chicken stock and cook until thickened. Add cooked chicken, canned corn and seasonings. Put into individual baking dishes, cover with crust and bake in a hot oven for about twenty minutes.

Yield: 6 individual pies.

Steamed Corn Meal Pudding

Corn meal, 1 cup	Corn oil, $\frac{1}{4}$ cup
White flour, $\frac{1}{2}$ cup	Corn syrup, $\frac{1}{2}$ cup
Soda, $\frac{1}{2}$ teaspoon	Sour milk, $\frac{1}{2}$ cup
Salt, 1 teaspoon	Egg, 1
Raisins, seeded and cut, 1 cup	

Sift together the flour, meal, soda and salt; add raisins. Beat egg; add syrup, milk and oil. Add liquid gradually to dry ingredients. Stir well. Turn into greased moulds, filling them a little over half full. Cover and steam for about $2\frac{1}{2}$ hours.

Yield: 4 moulds, 12 servings.

Fruit Sauce

Sugar, $\frac{1}{4}$ cup	Salt, $\frac{1}{4}$ teaspoon
Corn syrup, $\frac{1}{4}$ cup	Lemon juice, 2 tablespoons
Fruit juice, $\frac{1}{2}$ cup	Grated rind, $\frac{1}{4}$ lemon
Boiling water, $\frac{1}{2}$ cup	Cinnamon, $\frac{1}{4}$ teaspoon
Cornstarch, 1 tablespoon	Ginger, $\frac{1}{8}$ teaspoon
Oleomargarin, $\frac{1}{2}$ tablespoon	

Mix sugar, salt, and cornstarch. Add water gradually, stirring constantly. Add syrup. Boil 5 minutes; remove from fire; add oleomargarin, spice, lemon juice and grated rind. Any fruit or mixture of fruit juices from canned fruit may be used.

Yield: $1\frac{1}{4}$ cups, 6 servings.

DAY NO. V

MENUS

Breakfast

	Stewed Prunes
Corn Meal Mush	Cream
Creamed Herring	Browned Hulled Corn
Corn-Wheat Bread Toasted	
Coffee	

Luncheon

Gnocchi di Farina Gialla
Grape Fruit and Orange Salad
Richmond Corn Muffins
Cocoa
Spice Cookies

Dinner

Escalloped Corn and Oysters
Asparagus with Butter Sauce
Cabbage and Pimento Salad
Corn Meal Banana Fritters
Fruit Sauce
Coffee

CALORIES

		<i>Total Calories</i>	<i>Calories from Corn</i>
<i>Breakfast</i>	Stewed prunes	151	26
	Corn meal mush	67	67
	Cream	100	
	Creamed herring	119	50
	Browned hulled corn	213	213
	Corn-wheat bread toasted	75	29
	Cream and sugar for coffee	42	
	Butter for toast	50	
		817	385

<i>Luncheon</i>	Gnocchi	160	44
	Grape fruit and orange salad	75	
	Salad dressing	100	100
	Richmond corn muffins	228	180
	Cocoa	168	57
	Spice cookies	144	86
	Butter for muffins	100	
		— 975	— 467
<i>Dinner</i>	Escalloped corn with oysters	398	246
	Asparagus	60	
	Butter sauce	75	
	Cabbage and pimento salad	75	
	Mayonnaise dressing	232	225
	Corn meal banana fritters	166	68
	Fruit sauce	81	43
	Bread	150	58
	Butter	50	
	Sugar for coffee	17	
		— 1,304	— 640
<i>Total for the day</i>		3,096	1,492

RECIPES

Corn Meal Mush

Corn meal, 1 cup

Boiling water, 4 cups

Salt, 1 teaspoon

Stir corn meal gradually into boiling salted water. Cook over direct flame, stirring constantly for about ten minutes. Cook over hot water for three hours.

Yield: 8 servings.

Browned Hulled Corn

Hulled corn, 2 cups

Salt, $\frac{1}{2}$ teaspoonOleomargarin for sautéing,
3 tablespoonsPepper, $\frac{1}{4}$ teaspoon

Heat fat in frying pan. Add hulled corn, cooked and drained. Brown in fat. Add salt and pepper.

Yield: 5 servings.

Gnocchi di Farina GiallaCorn meal, $\frac{1}{2}$ cup

Egg, 1

Milk, 1 pint

Oleomargarin, 3 teaspoons

Salt, $\frac{1}{2}$ teaspoonGrated cheese, $\frac{1}{2}$ cupPaprika, $\frac{1}{8}$ teaspoon

Heat milk in top of double boiler. Add corn meal gradually, stirring well. Add salt. Cook over hot water for about 1 hour. Remove from fire, stir in beaten egg; spread in a shallow pan; cool and cut into two inch squares. Grease a baking dish; put in a layer of the squares of farina. On top of each

square sprinkle grated cheese and paprika, and place a small piece of butterine. Bake in a hot oven (470°-480° F.) for about fifteen minutes, until the squares are a golden brown.

Yield: 24 2-inch squares; 6 servings.

Richmond Corn Muffins

Canned corn, $\frac{3}{4}$ cup	Corn meal, 1 cup
Milk, $\frac{1}{2}$ cup	Baking powder, $1\frac{1}{2}$ tablespoons
Corn syrup, 1 tablespoon	Salt, 1 teaspoon
Eggs, 2	

Sift together the corn meal, baking powder and salt. To corn add milk, syrup and beaten egg. Add liquid gradually to dry ingredients. Mix quickly; bake in greased muffin pans in a moderate oven (380° F.) for about twenty-five minutes.

Yield: 14 muffins.

Spice Cookies

Corn meal, 1 cup	Salt, $\frac{1}{2}$ teaspoon
Flour, $1\frac{3}{4}$ cups	Corn syrup, dark, $\frac{3}{4}$ cup
Cinnamon, $\frac{3}{4}$ teaspoon	Corn oil, $4\frac{1}{2}$ tablespoons
Cloves, $\frac{1}{4}$ teaspoon	Egg, 1
Ginger, $\frac{1}{4}$ teaspoon	Water, 2 tablespoons
Baking powder, 2 teaspoons	Raisins, seeded and cut into pieces, 1 cup

Sift together the dry ingredients. To beaten egg add corn oil, water and syrup; add gradually to dry ingredients. Stir well; drop from teaspoon on greased baking sheet. Bake in a moderate oven (360°-380° F.) for 12 to 14 minutes.

Yield: 45 cookies.

Cocoa

Cocoa, 4 tablespoons	Salt, $\frac{1}{8}$ teaspoon
Cornstarch, $1\frac{1}{2}$ tablespoons	Boiling water, 2 cups
Corn syrup, light, 3 tablespoons	Scalded milk, 2 cups
Sugar, 2 tablespoons	Vanilla, $\frac{3}{4}$ teaspoon

Mix together the cocoa, cornstarch, salt and sugar. Add boiling water and cook for 15 minutes, stirring constantly. Add syrup, scalded milk and flavoring. Beat with Dover beater before serving.

Yield: 5 servings.

Escalloped Corn with Oysters

Green pepper, $\frac{1}{2}$	Corn pulp, $2\frac{1}{2}$ cups
Onion, 1 slice	Oyster broth, $\frac{3}{4}$ cup
Corn oil, $3\frac{1}{2}$ tablespoons	Egg yolks, 2
Flour, $\frac{1}{4}$ cup	Cream, 3 tablespoons
Oysters, 1 pint	Bread crumbs, 1 cup
Cold water, $\frac{1}{2}$ cup	Melted butter, $\frac{1}{4}$ cup
Salt, $\frac{3}{4}$ teaspoon	Paprika, $\frac{1}{8}$ teaspoon
Pepper, $\frac{1}{8}$ teaspoon	

Wash and examine each oyster to remove pieces of shell. Strain the liquid through cheese cloth, add oysters, and heat to the boiling point. Remove oysters and cut into thirds. To the oysters add canned corn. Remove seeds from the pepper; chop the onion and pepper and cook in corn oil until golden brown; add flour and cook together for five minutes. To the butter and flour mixture add $\frac{3}{4}$ cup of the oyster broth; cook until thickened. Add beaten egg yolks, to which cream has been added. Add corn and oysters and seasonings. Put mixture in greased shells; cover with buttered crumbs. Bake in a moderate oven for about fifteen minutes.

Yield: 6 servings.

Banana Fritters

White corn meal, $\frac{1}{3}$ cup	Corn oil, $\frac{1}{2}$ tablespoon
Flour, 1 cup	Milk, $\frac{1}{3}$ cup
Baking powder, 2 teaspoons	Bananas, 2
Salt, $\frac{1}{2}$ teaspoon	Sugar, 1 tablespoon
Egg, 1	Lemon juice, 1 tablespoon
Corn syrup, light, $\frac{1}{4}$ cup	

Sift together the dry ingredients. Beat egg; add milk, syrup, fat and lemon juice. Add this gradually to dry ingredients. Add bananas cut into small pieces. Drop by spoonfuls, fry in deep fat, drain on unglazed paper. Serve with lemon sauce.

Yield: 8 servings.

Lemon Sauce

Sugar, $\frac{1}{4}$ cup	Salt, $\frac{1}{8}$ teaspoon
Corn syrup, light, $\frac{1}{4}$ cup	Lemon juice, 2 tablespoons
Boiling water, 1 cup	Grated rind, $\frac{1}{2}$ lemon
Cornstarch, 1 tablespoon	Nutmeg, $\frac{1}{2}$ teaspoon
Oleomargarin, 1 tablespoon	

Mix dry ingredients; add water and syrup gradually. Boil 5 minutes; remove from fire; add lemon juice and rind, and oleomargarin.

Yield: 6 servings.

DAY NO. VI

MENUS

Breakfast

Sliced Oranges
Kornlet Griddle Cakes Maple Corn Syrup
Coffee

Luncheon

Escalloped Hominy and Cheese
Tomato Jelly Salad Corn-wheat Bread Sandwiches
Corn Short Cake, with Peaches
Tea

Dinner

Round Steak, Swissed
Potatoes in Half Shell Corn à la Southern
Corn-wheat Rolls
Romaine with Chiffonade Dressing
Cornstarch and Prune Moulds
Coffee

	CALORIES	<i>Total Calories</i>	<i>Calories from Corn</i>
<i>Breakfast</i>	Sliced oranges	67	
	Kornlet griddle cakes	200	108
	Butter	100	
	Maple corn syrup	320	320
	Sugar and cream for coffee	42	
		— 729	— 428
<i>Luncheon</i>	Escalloped hominy and cheese	311	131
	Tomato jelly salad	36	
	Mayonnaise dressing	232	225
	Sandwiches	150	44
	Corn short cake	349	132
	Tea		
		— 1,078	— 532
<i>Dinner</i>	Round steak	142	
	Potatoes	100	
	Corn à la Southern	193	116
	Corn-wheat rolls	195	93
	Butter	100	
	Romaine	10	
	Chiffonade dressing	155	150
	Cornstarch and prune moulds	224	107
	Coffee		
	Sugar for coffee	17	
		— 1,136	— 466
<i>Total for the day</i>		2,943	1,426

RECIPES

Kornlet Griddle Cakes

Corn meal, $\frac{2}{3}$ cup	Kornlet, 1 cup
Flour, 1 cup	Salt, $\frac{1}{2}$ teaspoon
Egg, 1	Corn oil, 1 tablespoon
Baking powder, $1\frac{1}{2}$ teaspoons	Milk, 1 cup

Stir milk and beaten egg yolks into Kornlet; add dry ingredients sifted together; add corn oil; fold in egg whites, stiffly beaten. Bake on a greased griddle.

Yield: 35 medium sized cakes.

Escalloped HominY and Cheese

Hominy (whole corn), $1\frac{1}{2}$ cups	Oleomargarin for crumbs, 1 table- spoon
Grated cheese, $\frac{1}{2}$ cup	
Milk, 1 cup	Flour, 2 tablespoons
Salt, $\frac{1}{2}$ teaspoon	Corn oil, $1\frac{1}{2}$ tablespoons
Worcestershire sauce, $\frac{1}{2}$ tea- spoon	Pepper, $\frac{1}{8}$ teaspoon
	Paprika, $\frac{1}{4}$ teaspoon
Crumbs, $\frac{1}{4}$ cup	

Heat corn oil; add flour and cook for 5 minutes; add milk and stir until sauce thickens. Add seasonings, grated cheese and hominy, cooked and

drained. Put into baking dish; sprinkle with buttered crumbs; bake in a moderate oven (375° F.) for about fifteen minutes.

Yield: 5 servings.

Corn Short Cake

White corn meal, $\frac{1}{2}$ cup	Corn syrup, light, 2 tablespoons
Flour, $\frac{1}{2}$ cup	Oleomargarin, 2 tablespoons
Baking powder, $1\frac{1}{2}$ teaspoons	Corn oil, 1 tablespoon
Salt, $\frac{1}{2}$ teaspoon	Milk, $\frac{3}{8}$ cups
Canned peaches, $2\frac{1}{4}$ cups (9 halves with juice)	

Sift together the dry ingredients. Cut in fat; add milk and syrup mixed together. Toss and roll on floured board. Cut into shapes; bake in a hot oven (440°-460° F.) for about twelve minutes. Split; spread with butter. Fill center with canned peaches. Cover top with peaches.

Yield: 4 servings.

Corn à la Southern

Canned corn, chopped, 2 cups	Pepper, $\frac{1}{8}$ teaspoon
Eggs, 2	Corn oil, 1 tablespoon
Salt, 1 teaspoon	Scalded milk, 1 pint

Beat eggs slightly, add corn, seasonings and oil; mix with scalded milk. Turn into greased baking dish, set dish in hot water and bake in a slow oven (320° F.) until firm.

Yield: 8 servings.

Corn-Wheat Rolls

Corn meal, $\frac{1}{2}$ cup	Salt, $\frac{3}{4}$ teaspoon
Flour, 1 cup	Yeast, $\frac{3}{4}$ cake
Corn syrup, 2 tablespoons	Milk, $\frac{1}{4}$ cup
Corn oil, 1 tablespoon	Water, $\frac{1}{4}$ cup

Scald milk; add syrup, oil and salt; when lukewarm add yeast, softened in the lukewarm water. Add corn meal and flour, making a straight dough. Allow to rise to double its bulk. Shape into rolls; allow to rise; bake in a hot oven for about eighteen minutes.

Yield: 15 rolls.

Cornstarch and Prune Moulds

Cornstarch, 4 tablespoons	Corn syrup, 4 tablespoons
Milk, 2 cups	Vanilla, $\frac{1}{2}$ teaspoon
Salt, $\frac{1}{4}$ teaspoon	Prunes, cooked, 6

Scald $1\frac{1}{2}$ cups milk; add corn syrup. Mix salt and cornstarch together; add the $\frac{1}{2}$ cup of cold milk to make a smooth mixture. Add this gradually to the scalded milk, stirring constantly. Cook for twenty minutes in a double boiler, stirring until thickened; add vanilla and cooked prunes, stoned and cut into thirds. Pour into moulds which have been wet in cold water.

Yield: 4 servings.

DAY NO. VII

MENUS

<i>Breakfast</i>	Baked Apple
	Codfish Mush Balls Samp with Cream Sauce
	Corn Muffins
	Coffee
<i>Luncheon</i>	Cream of Corn Soup
	Cooked Corn Meal Sticks
	Corn Meal and Samp Waffles Maple Corn Syrup
	Chilled Pineapple and Orange
	Cake Tea
<i>Dinner</i>	Roast Chicken Cranberry Sauce
	Candied Sweet Potatoes Corn Oysters
	Waldorf Salad
	Corn Crackers Cheese
	Coffee Corn Syrup Mints

	CALORIES	<i>Total Calories</i>	<i>Calories from Corn</i>
<i>Breakfast</i>	Baked apple (sweetened with corn syrup)	155	80
	Codfish mush balls	66	40
	Samp with cream sauce	242	200
	Corn muffins	217	125
	Butter	100	
	Sugar and cream for coffee	42	
		— 822	— 445
<i>Luncheon</i>	Cream of corn soup	167	114
	Cooked corn meal sticks	89	89
	Corn meal and samp waffles	426	299
	Maple corn syrup	240	240
	Chilled pineapple and orange	118	
	Corn cup cakes	137	44
		— 1,177	— 786
<i>Dinner</i>	Roast chicken	200	
	Cranberry sauce	115	160
	Candied sweet potatoes	180	53
	Corn oysters	101	80
	Waldorf salad	267	180
	Corn crackers	67	47
	Cheese	50	
	Corn syrup mints	131	107
	Bread	37	15
	Butter	25	
	Sugar for coffee	17	
		— 1,190	— 642
<i>Total for the day</i>		3,189	1,873

RECIPES

Codfish Mush Balls

Cooked mush, 2 cups

Egg, 1

Cooked codfish, 1 cup

Salt and pepper

Mix cod, mush and slightly beaten egg; chill until sufficiently stiff to be shaped into balls. Roll in corn meal. Sauté until golden brown.

Yield: 20 balls.

Samp with Cream Sauce

Cooked coarse samp, 1½ cups

Chopped parsley, 1 teaspoon

Milk, ⅓ cup

Flour, 2 tablespoons

Salt, ¾ teaspoon

Corn oil, 2 tablespoons

Pepper, ⅛ teaspoon

Heat oil; add flour and cook for five minutes. Add milk gradually and stir until sauce thickens. Add seasonings, and cooked samp. Heat. Add chopped parsley just before serving.

Yield: 5 servings.

Corn Muffins

Flour, 1 cup

Corn oil, 1 tablespoon

Corn meal, 1 cup

Salt, 1 teaspoon

Baking powder, 3 teaspoons

Milk, 1 cup

Corn syrup, 3 tablespoons

Egg, 1

Sift together the dry ingredients. Add syrup and milk to slightly beaten egg. Combine liquid and dry ingredients. Stir in oil. Mix quickly. Bake in a moderate oven in greased muffin tins for about twenty-five minutes (380°-400° F.).

Yield: 14 muffins.

Cooked Corn Meal Sticks

Boiling water, 1 cup

Salt, 1 teaspoon

Corn meal, 1 cup

Pour boiling water over corn meal and salt. Cook for 10 minutes. Cool. Roll out ⅜-inch thick. Cut into sticks ⅜-inch wide and 3 inches long. Bake for about twenty-five minutes in a hot oven. When done the sticks should be crisp and golden brown.

Yield: 18 sticks.

Cream of Corn Soup

Corn, 2 cups	Salt, 1 teaspoon
Water, 1 pint	Pepper, $\frac{1}{8}$ teaspoon
Onion, 1 slice	Milk, 1 pint
Flour, 2 tablespoons	Pimentos, 4
Corn oil, 2 tablespoons	

Cook together the corn, water and onion, for 20 minutes. Rub through a coarse sieve. Add the flour and corn oil which have been cooked together for five minutes. Add salt and pepper and cook together for five minutes. Add scalded milk and the pimentos which have been rubbed through a sieve.

Yield: 7 servings.

Corn Meal and Samp Waffles

Cooked samp, 1 cup	Baking powder, 2 teaspoons
Corn meal, $\frac{1}{2}$ cup	Salt, 1 teaspoon
Flour, $\frac{1}{2}$ cup	Eggs, 2
Milk, 1 cup	Corn oil, $\frac{1}{4}$ cup

Sift together the dry ingredients. Beat egg yolks, add milk and corn oil. Add gradually to dry ingredients; add cooked samp. Fold in stiffly beaten egg whites. Cook on hot greased waffle iron.

Yield: 4 waffles.

Corn Cup Cakes

Corn meal, $\frac{3}{8}$ cup	Oleomargarin, $\frac{1}{4}$ cup
Flour, $\frac{3}{4}$ cup	Egg, 1
Baking powder, $1\frac{1}{4}$ teaspoons	Milk, $\frac{1}{4}$ cup
Salt, $\frac{1}{4}$ teaspoon	Pecans, $\frac{1}{4}$ cup
Sugar, $\frac{1}{4}$ cup	Vanilla, 1 teaspoon
Corn syrup, light, $\frac{1}{4}$ cup	

Cream the oleomargarin; add sugar gradually.

Sift together the dry ingredients. Add corn syrup and milk to slightly beaten egg. Add liquid mixture alternately with dry ingredients to sugar and butter. Add flavoring, and nuts. Turn into greased muffin cups and bake for about twenty-five minutes in a moderate oven (380° F.).

Yield: 12 cup cakes.

Candied Sweet Potatoes

Sweet potatoes, 4	Cinnamon, few grains
Corn syrup, $\frac{1}{2}$ cup	Salt, $\frac{1}{2}$ teaspoon
Water, $\frac{1}{4}$ cup	

Wash potatoes and cook for about ten minutes in boiling water. Remove skins and cut into pieces as for French frying. Make syrup of the corn syrup,

water, cinnamon and salt. Put potatoes into a greased pan and cook for about an hour in a moderate oven, basted.

Yield: 8 servings.



Cranberry Sauce (Sugarless)

Cranberries, 1 cup
Corn syrup, light, $\frac{1}{2}$ cup

Water, $\frac{1}{4}$ cup
Gelatin, 1 teaspoon

Soften the gelatin by soaking in $\frac{1}{8}$ cup cold water for ten minutes. Add remainder of water to syrup and pour over washed cranberries. Cook until the cranberries are soft. Add gelatin, stirring until well dissolved. Pour into moulds and chill.

Yield: 6 servings.

Corn Oysters

Corn, 2 cups
Salt, 1 $\frac{1}{2}$ teaspoons
Pepper, $\frac{1}{8}$ teaspoon
Egg, 1, well beaten

Milk, 2 tablespoons
Bread crumbs, $\frac{1}{2}$ cup
Corn meal, $\frac{1}{4}$ cup

Cook corn for ten minutes. Add remaining ingredients (except egg) and cook for ten minutes. Add beaten egg; drop by small spoonfuls on hot, well greased frying pan. Cook until brown on one side, turn and brown on the other.

Yield: 40 'oysters'.

Corn Crackers

Corn meal, $\frac{7}{8}$ cup
Boiling water, 1 cup

Oleomargarin, 2 tablespoons
Salt, 1 teaspoon

Add corn meal gradually to boiling water; add salt and fat. Spread evenly on a pan to $\frac{1}{8}$ -inch thickness. Cut into strips $3\frac{1}{2}$ by 1 inch. Bake in a moderately hot oven for about a half hour, until the crackers are crisp and golden brown.

Yield: 20 crisps.

Corn Syrup Mints

Corn syrup, dark, 2 cups
Vinegar, 1 teaspoon

Oleomargarin, 6 tablespoons
Peppermint, 3 drops

Cook syrup, vinegar and 4 tablespoons of oleomargarin together until brittle when dropped into cold water (275° F.). Add remainder of fat, and peppermint oil. When fat is melted pour in thin sheet on inverted tin. While warm mark in 1 inch squares.

Yield: 72 mints.

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